



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Chicken Pot Pie Bundles

Everyone will love this comfort food classic with a fun new twist! Delight your diners with creamy Chicken Pot Pie Bundles, perfect for a winter night.

Serving Size: 2 bundles | Servings: 6



NUTRITION NOTES

- Rich in lean protein, diced **chicken breast** helps build and repair muscle while supporting immune health and steady energy. It's a wholesome, satisfying base that keeps the filling hearty and nutritious.
- Packed with vitamin A and natural sweetness, **carrots** bring bright color, crunch, and antioxidants that promote eye health and overall wellness.
- Naturally sweet and full of fiber, **corn** and **peas** add balance to the savory filling while providing vitamins and minerals that support digestion and sustained energy.
- Light and crispy **egg roll wraps** hold everything together, offering golden crunch and satisfying texture without being heavy.

Chicken Pot Pie Bundles

INGREDIENTS

- 1½ tablespoons canola oil, divided
- 1 large carrot, peeled and cut into ¼-inch dice (about 1 cup)
- ½ small onion, cut into ¼-inch dice (about ½ cup)
- 2 cloves garlic, minced
- 1 pound boneless, skinless chicken breast halves, cut into ½-inch dice
- 2 teaspoons chopped fresh tarragon or ½ teaspoon dried tarragon
- ½ teaspoon kosher salt
- Pinch of black pepper
- 1 cup all-natural chicken broth
- 4 teaspoons cornstarch
- ¾ cup frozen petite peas, thawed
- ¾ cup frozen corn kernels, thawed
- 12 egg roll wraps
- 2 tablespoons grated Parmesan cheese

Nutrition Profile: *High-Protein | High-Fiber | Low-Fat
Heart-Healthy | Immune-Supporting*

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 6 | Serving Size: 2 bundles | Calories: 360

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|---------------------|---------------------------|------------------|
| • Total Fat: 7g | • Total Carbohydrate: 48g | • Vitamin A: 70% |
| • Saturated Fat: 1g | • Dietary Fiber: 3g | • Iron: 15% |
| • Sodium: 680mg | • Protein: 24g | |

INSTRUCTIONS

*Cut & peel carrots, dice onions. mince garlic, cut chicken breast in half - horizontally then dice, and chop tarragon. Measure other ingredients & set aside.

Helpful tip: Can use canned carrots & canned chicken.

1. Preheat the oven to 350°F. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the carrot and onion and cook, stirring frequently until softened (about 5 minutes). Add the garlic and cook 1 minute more.
2. Stir in the chicken, tarragon, salt and pepper. Cook until the chicken is no longer pink in geometric center, about 5 minutes.
3. Place the broth and cornstarch in a bowl and whisk until well combined. Add to the skillet along with the peas and corn, and bring the liquid to a simmer, stirring constantly. Continue to simmer and stir gently until the sauce thickens, about 2 minutes.
4. To prepare the bundles, use a muffin pan with 12 medium-size cups (do not coat with nonstick cooking spray). Gently place 1 egg roll wrap into each cup, letting it extend over the sides.
5. Place ¼ cup of the chicken mixture into each wrap, and sprinkle Parmesan cheese on top. Fold the corners up and over the top of the filling, and press to seal the edges (it doesn't have to be perfect!). Brush the remaining oil on top of each bundle. **Note:** a heavier chicken portion will be harder to wrap.
6. Bake until golden and crisp, 12 to 15 minutes, Internal temperature must reach 165 degrees F. Cool slightly before eating.

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**Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate. Recipe sourced from: www.eatright.org*